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GROUNDHOG DAY HAS ROOTS IN MEDIEVAL TRADITION
Page 6.

Lowly NFL season ends on high note

Super Bowl. Months of ugliness off the field culminates in thrilling on-the-field display amid controversy in Arizona

DAVID LANGFORD
Metro in Toronto

Quarterback Tom Brady of the New England Patriots celebrates with actor Mark Wahlberg after his team defeated the Seattle Seahawks 28-24 to win Super Bowl XLIX in Glendale, Ariz., on Sunday. Super Bowl coverage on page 17. TOM PENNINGTON/GETTY IMAGES

After the worst off-the-field season in National Football League history, the Super Bowl managed to put smiles on many faces on Sunday in Phoenix.

Super Bowl XLIX was contested in a state where SB1070 is also a well-known — yet unpopular — term, and no, it does not refer to a far-in-the-future Super Bowl.

Based on the shenanigans this season, the league and the state were a perfect match.

But first things first: The winners this day were the New England Patriots, who defeated the defending champion Seattle Seahawks 28-24 in a game in which the Patriots were competing in their record-tying eighth championship game. There were plot twists all game long, and with a U.S. television audience expected to hit 112 million — and another eight million watching in Canada — the game will be the most watched show in U.S. television history, surpassing the 2014 Super Bowl numbers. So they got their money's worth.

The huge TV audience was a given, with the two best teams butting heads — and the game didn't disappoint. It also showed that no matter how many challenges the NFL had this season, football remains the most popular sports product in the U.S. It's not even close.

And that was even with the Patriots and deflated footballs; Adrian Peterson of the Minnesota Vikings and child abuse; and Ray Rice of the Baltimore Ravens and domestic abuse. And along the way, NFL commissioner Roger Goodell went from saint to sinner.

And like most of the NFL challenges, SB1070 — Arizona Senate Bill 1070 — has nothing to do with the game of football — but it raised many questions about why the Super Bowl was played in Arizona.

The state has the toughest immigration law in the U.S., implemented in 2010 and known as the "Show Me Your Papers" law. It allows state law enforcement officers to determine the immigration status of anyone they choose to stop. Opponents see the law as "racial profiling."

"By hosting the Super Bowl here, people think everything is fine now and everything is beautiful, but the reality is Arizona is one of the most anti-immigrant states in the union and that hasn't changed," Salvador Reza, who was born in Mexico but lived in Arizona for 22 years, told the International Business Times. "We still feel it every day."

If that wasn't enough, last year the state's Republican-led legislature attempted to pass a law allowing businesses to refuse service to gays and lesbians. The NFL then threatened to move the game to another city and the law died.

So somehow, the state of the league and the state itself deserved each other. But the game this night rose above it all. For that, we can give thanks.

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It's time for virtual waiting rooms: Fire Paramedic chief

Health. Committee chairman open to the idea 'if it makes sense and it's going to provide better care'

BERNICE PONTANILLA
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Virtual waiting rooms may become a common practice in Winnipeg, if the city's Fire Paramedic chief has a say.

On Friday, Chief John Lane told councillors on the protection and community services committee his department is working on four strategies to alleviate the problem of ambulance off-load times at hospitals.

One such method is virtual waiting rooms.

Lane said often when paramedics arrive at homes, the patients are "relatively stable" and low-risk when it comes to triage.

"The concept is: why couldn't we allow those patients to perhaps wait at home?" Lane said. "If there is a way to monitor their condition, if there is other adult care and supervision available in that particular setting, could we allow them to wait at home until their receiving hospital has the capacity to receive?"

Lane said there are advances in technology that could allow such a system to function.

He said he envisions that virtual waiting rooms would build on the EPIC program, which stands for Emergency Paramedics In the Community, currently a pilot program.

Coun. Jeff Browaty, who chairs the committee, said something needs to be done since the city has ambulances "being tied up for hours on end at emergency rooms.

"If (virtual waiting rooms) makes sense and it's going to provide better care for people in emergency circumstances, I think it's worth looking at."

The committee asked Chief Lane to provide another update at the next protection and community services meeting in March.

John Lane, Winnipeg's Fire Paramedic chief, told a city committee on Friday that virtual waiting rooms could help alleviate the problem of ambulance off-load times. BERNICE PONTANILLA/METRO

$13M for higher test scores

A chunk of money in this year's Manitoba Education budget will be dedicated to improving student test scores in math and reading.

Last year, the Council of Ministers of Education ranked Manitoba Grade 8 students last in the country in math and reading.

Education Minister Peter Bjornson says $13 million of this year's $1.3-billion budget will be directed at getting those scores up. He says the province is investing in quality, supports and providing more resources as needed.

Paul Olson, president of the Manitoba Teachers' Society, says right now it's unclear how much of an impact those funds will have.

Bjornson says the money would be used for things such as teacher training and curriculum materials but didn't provide a breakdown.

Manitoba Education is working out a plan with school divisions about how they will track and report improvements in math and reading skills — things like whether there will be more standardized testing and whether they break down the numbers by school or school division.

THE CANADIAN PRESS/CJOB

Near Moose Lake

Three dead in head-on crash

Three people were killed and five others, including two young children, were injured in a head-on crash in northern Manitoba.

Mounties say an SUV and a car crashed on Provincial Road 384 near Moose Lake on Friday afternoon.

Three of the five people in the car were declared dead on scene — a 41-year-old man and 51-year-old woman, both from Moose Lake, and a 37-year-old male from the Opaskwayak Cree Nation.

A 42-year-old woman and 34-year-old woman, both from Moose lake, were taken to hospital with undetermined injuries. The 47-year-old male driver of the SUV, along with a four-year-old boy and two-year-old girl, were taken to hospital with unknown injuries. Police say poor visibility due to blowing snow was a factor in the crash. THE CANADIAN PRESS

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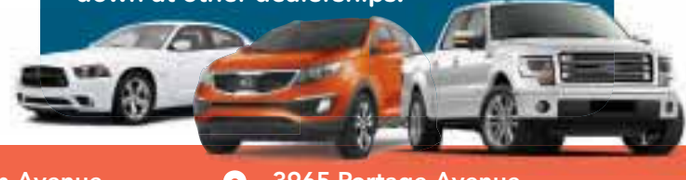

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Det. Sgt. Scott Taylor and Judge, when Judge retired in April 2014. SHANE GIBSON/METRO FILE

Winnipeg police say goodbye to top dog

Law enforcement. Legacy of Judge, who helped make more than 500 arrests over 10 years, will live on through his offspring

Winnipeg police are saying goodbye to their most successful police dog ever.

Judge, who retired to live with his longtime handler last April, died on Wednesday.

Judge was born June 18, 2003, in the service's breeding program and was raised by his handler, Det. Sgt. Scott Taylor.

Over their 10-year career together, Taylor and Judge made more than 500 arrests on the streets of Winnipeg, making the pair the most successful K9 team in the service's history.

Judge's legend will live on, says the Winnipeg Police Service, as he sired 23 offspring that currently work in Canada and the U.S. He is also the grandfather of nine more pups working at numerous police agencies.

Sgt. Dave Bessason of the Winnipeg Police K9 unit says Judge was a great tracker who loved to work.

"We have samples from Judge for probably another 10 to 12 breedings," Bessason said Friday.

"We saw the abilities of that dog and wanted to make sure for the future that we produce the very best dogs possible." METRO, WITH FILES FROM THE CANADIAN PRESS

Quoted

"We saw the abilities of that dog and wanted to make sure for the future that we produce the very best dogs possible."

Sgt. Dave Bessason of the Winnipeg Police K9 unit, about police dog Judge, who has sired 23 offspring currently working in Canada and the U.S.

Royal Winnipeg Ballet recruiting new talent

The Royal Winnipeg Ballet is looking for some new talent, and being able to pirouette is not a prerequisite.

Those chosen won't be dancing. They'll be playing music for ballet-goers during pre-show and intermission when the ballet performs Swan Lake at the Centennial Concert Hall from March 4 to 8.

"It's just to enhance the overall experience for people that are attending the ballet and to showcase the wonderful local talent in Winnipeg," said spokeswoman Jane Puchniak, explaining the ballet is offering local musicians free tickets to Swan Lake as payment for performing before the show and during the break.

The idea is something the ballet company started midway through its last season, according to Puchniak. Entertainers who performed include Winnipeg's own Maria Aragon. But this is the first time the ballet is making a public call for performers.

"We thought we'd sort of open it up and see if people are interested in the wider community," explained Puchniak. SHANE GIBSON/METRO

Who may apply

The chance to perform is open to both solo artists and ensembles, but only acoustic instruments can be accommodated, and Puchniak said that only classical, folk, pop and jazz musicians are asked to apply.

- For more information or to apply, call the ballet at 204-957-3472 before Feb. 6.

5 SUPER LOCAL TV ADS THAT BOWLED US OVER

WHAT'S GOOD
Ace Burpee
winnipeg@metronews.ca

The Monday after Super Bowl means one thing: catching up, watching and discussing all the commercials that aired on the U.S. feed. So while we waste time at work watching them, let us also honour five of the greatest moments in Winnipeg TV-commercial history.

5. Old Dutch: Circa 1985, one of the catchiest and simplest jingles ever. Just repeat "potato chip" over and over, then hit 'em with: "It's the Old Dutch snack in the windmill pack!" Boom! In!

4. Clifford's: I never did make it to Clifford's, for I'm quite certain all they sold were long ladies' coats. I do, however, remember my sister repeatedly singing something like, "Every sha-la-la-la, every whoa-oh-oh-oh" non-stop for at least three years.

3. Winnipeg Jets: There were many bizarre ads promoting the original Jets, when selling tickets was a massive priority. One of the best, for two reasons, was the 1987 Super Sale spot. No. 1 was the offer: season tickets (44 games) for $329 — that's $7.50 per game! Also, 1987 was the era of the "Lightning of Ice" slogan, and the TV spot promised us that Winnipeg was "the only place where lightning strikes 44 times a year, guaranteed." Sold!

2. Park Pontiac: Remarkably, their TV spots spawned two catchphrases: "You've got it!" — which really says almost nothing, therefore making the popularity of the spots even more awesome. There was also "Wicked" to end most of the commercials, which for whatever reason we loved and still do. My personal fave was the "Fiero parked on a public beach" spot. Bonus points for how mind-blowing it seemed that a car dealership could exist in an actual "bubble."

1. Kern-Hill: The undisputed heavyweight champ. It's not even close. Long live Nick Hill.

It's worth pointing out that most of these will be more memorable than any Super Bowl spot from yesterday, and at an average cost of around $13 per — versus $4.5 million — likely a better deal.

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Luca Roncoroni of Norway carves ice on the art installation called This Big, which he and Tina Soli have created for the 2015 warming hut competition at The Forks. SHANE GIBSON/METRO

Warming huts just got different

Architecture contest. Rule change this year sees new unorthodox huts on display at annual competition at The Forks

SHANE GIBSON
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Finishing touches have been completed for the latest warming huts at The Forks.

Architects from around the world whose designs were chosen to take part in the annual architecture competition have been busy getting their huts ready to add to the ice on the Red River Mutual Trail.

But this year the rules have changed, and one of the four new huts isn't even a hut — it's 50 chairs with skis attached to their legs that will be scattered throughout the trail. "It warms you up differently, by getting you to move around," explained Tudor Radulescu from the idea's designers at KANVA Architecture in Montreal.

The hut is called Recycling Words because each chair has a word on it that can be lined up with others to make a sentence. "We've kind of reinterpreted the fridge-magnet game where you're putting words together," said Radulescu. "The words we selected … are site specific and meaningful to Winnipeg, The Forks and Manitoba."

The other new huts include a large metal culvert that's been cut and painted into a colourful structure; another called The Hybrid, which has thousands of recycled wood panels spiraling around an internal space; and a submission from the University of Manitoba that's a box clad in mirrors.

There's also an art installation featuring a large fish carved into ice blocks called This Big by Tina Soli and Luca Roncoroni — who return after building the trail's Wind Catcher hut.

Museums Board denied more grant authority

BERNICE PONTANILLA
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Daria Rakowski and Christian Robin, co-chairs of the City of Winnipeg Museums Board. BERNICE PONTANILLA/METRO

A move by the city's Museums Board to gain more autonomy from council on how individual museum grants are allocated failed to sway the city committee that oversees it.

Daria Rakowski and Christian Robin, co-chairs of the City of Winnipeg Museums Board, told members of the protection and community services committee on Friday that they were hoping for the change to bring it more in line to how organizations like the Winnipeg Arts Council functions.

"In a nutshell, what we're saying is that council in 2006 created this board to be the body to decide on the individual museum grants, and that council, of course, would retain the power to decide how much money would go toward museums and toward this board," Robin said during the meeting.

"But that has not been the practice.... The board continues to go through a lengthy and rigorous process of recommending how individual museum grants should be distributed, but council continues to make those final decisions."

Coun. Ross Eadie said he supported the Museums Board, since it's the people that make up that board who are the experts.

"Those are the people that work at museums; they know, they're the ones who should be making the decisions," added Eadie.

However, his fellow committee members Couns. Jeff Browaty and Jason Schreyer were not, so the report and another on the Museums Board handbook were accepted as information.

East Elmwood

Police warn of man in white van trying to pick up children

Police are looking for a suspect after a man in a white van tried to pick up a young girl in the East Elmwood neighbourhood Thursday after school.

The eight-year-old girl was walking near Kent Road and Keenleyside Street around 3:30 p.m. when an unknown man drove up in a white passenger van.

The girl later told police the man offered her candy and said her mother had sent him to pick her up. The girl ran home and told her mother.

The suspect is white, clean-shaven and had short dark hair. He was wearing a black zipper hoodie and was driving a clean, white passenger van with no markings.

Anyone with information is asked to call police at 204-986-2857 or Winnipeg CrimeStoppers at 204-986-TIPS. METRO

Women, immigrants focus of provincial NDP leadership race

Women and immigrants are the focus of new spending promises by contenders for the leadership of Manitoba's governing New Democrats.

Theresa Oswald, who was part of a caucus coup against Premier Greg Selinger last fall, said Friday she would offer several new programs for immigrants that would cost about $950,000 a year.

Oswald said she would set up a transitional school project for young refugees who have had to miss school in their home countries.

"As a former teacher and vice-principal, I witnessed first-hand the effects we can have ... when we put the right supports in place for immigrant families," she said.

Oswald said she would also:

- Make permanent a pilot project that offers small loans to newcomers who are trying to get their job credentials recognized in Canada.
- Hire four more immigration officers to speed up applications under the provincial nominee program.
- Restore English-language training programs that have been scaled back under federal changes.

Another candidate, Steve Ashton, promised to address key women's issues and work to reduce sexual violence.

Ashton said he would make education on sexual consent part of the school curriculum from early grades, similar to what is being done in Ontario.

He also promised to boost annual funding for women's research and advocacy groups by $1 million and to launch a public-awareness campaign to combat sexual violence.

Ashton and Oswald are vying to unseat Selinger in a March 8 leadership vote. He has faced internal turmoil since the NDP plummeted in opinion polls in 2013. Recent polls suggest the New Democrats are well back of the Opposition Progressive Conservatives and near record-low levels of public support. THE CANADIAN PRESS

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Groundhog Day traces roots back to medieval traditions

Weather. Folklore says that a groundhog's shadow can forecast the end of winter season

Groundhog handler John Griffiths holds Punxsutawney Phil on Feb. 2, 2014, after he saw his shadow, predicting six more weeks of winter during the 128th annual Groundhog Day festivities in Punxsutawney, Pa. GETTY IMAGES

What do a European Christian tradition, a 19th century American immigration pattern and a cinema cult classic have in common? They've all helped turn groundhogs into North America's most popular weather prognosticators.

Each Feb. 2, crowds gather to watch Ontario's Wiarton Willie, Pennsylvania's Punxsutawney Phil and other furry forecasters take a shot at a task that baffles many humans. Folklore has it that if a groundhog sees his shadow he'll flee back to his burrow, heralding six more weeks of winter. If he doesn't, legend has it that spring is around the corner.

Chris Scott, chief meteorologist at the Weather Network, said Groundhog Day hearkens back to medieval Europe and the Christian festival of Candlemas.

Scott said early Europeans eventually threw a prognosticating hedgehog into the mix, adding the animals had hibernation patterns that naturally brought them out of hiding around the time of Candlemas.

When German settlers began immigrating to the U.S. in the 19th century, they adapted Candlemas traditions with one simple innovation: letting the area's groundhogs do the forecasting. Punxsutawney, Pa., has emerged as the hub of U.S. Groundhog Day festivities.

Canada's marquee Groundhog Day event first took place in 1956 when Mac McKenzie, a resident of the central Ontario town of Wiarton, was looking for a pretext to throw a party.

After settling on Groundhog Day, he sent out his invitations in the form of mock news releases. When one of them fell into the hands of a genuine reporter, however, McKenzie had to get creative.

"(The reporter) had to have a story," McKenzie explained in documents provided by festival organizers. "So we tossed a fur hat with a button on it into the snow. We said it was a groundhog, and the photo ran in the (Toronto) Star."

Wiarton has been home to Canada's premier Groundhog Day event, including in 1999, when organizers discovered Willie had died in the run up to his big day. THE CANADIAN PRESS

Lighting candles

- Groundhog Day has its roots in the medieval European tradition of Candlemas. On a day in early February, people would light candles and watch the weather to see whether or not spring was on the way. Many cultures adopted rhymes for the tradition. Among them is a Scottish couplet that says: "If Candlemas Day is bright and clear, there'll be two winters in the year."
- At some point, hedgehogs were used to help predict whether spring would come early. Hedgehogs have different hibernation patterns and are more likely to emerge from hiding in early February.

Egypt. Release of Aussie reporter raises hopes for jailed Canadian journalist

Al-Jazeera English reporter Peter Greste left Egypt on Sunday after the president approved his deportation, but there's no official word on jailed colleagues Egyptian-Canadian Mohamed Fahmy and Egyptian Baher Mohamed.

Greste, an Australian national, was released after more than a year behind bars in a case that was widely condemned by rights groups.

An Egyptian prison official and the nation's official news agency said Greste was released following a presidential "approval."

The official and an Interior Ministry statement said his release was an implementation of the new deportation law passed last year. The officials spoke on condition of anonymity because they were not authorized to speak to the media.

A lawyer for Fahmy said his client welcomed the news.

Quoted

"His deportation is in its final stages. We are hopeful."

Marwa Omara, Mohamed Fahmy's fiancée

"He has instructed me to say he is very happy that Peter has been released and hopes for the same outcome for himself soon," Lorne Waldman said in an email to The Canadian Press.

Foreign Affairs Minister John Baird spoke Sunday with his Egyptian counterpart, Sameh Shoukry, about Fahmy's case, the ministry said in a statement. Baird said he welcomed Greste's release and noted that he remained hopeful that Fahmy's case will be resolved in short order.

"Canadian officials will continue to work closely with the Egyptian government to provide consular assistance to Mr. Fahmy to ensure his well-being," the statement said.

Greste, Fahmy and Mohamed were sentenced to at least seven years in prison on terrorism-related charges last year in a trial described as a sham by rights groups.

The release of Greste, 49, who also holds Latvian nationality, was welcomed by Al-Jazeera and Amnesty International, but both said the fate of the other journalists must not be forgotten.

THE CANADIAN PRESS

Nigeria. Extremists attack Maiduguri from 4 fronts

Nigerian troops Sunday repelled Islamic extremists who attacked from four fronts on Maiduguri, the biggest city in northeast Nigeria, with several civilians killed by aerial bombs and grenades and mortar shells on the ground.

Soldiers said hundreds of insurgents died. Terrified residents fled homes shaking from five hours of heavy artillery fire and streamed in from the besieged city of two million, already crowded with another 200,000 refugees. In a separate attack, a suspected Boko Haram suicide bomber killed himself and eight others Sunday at the home of politician Sabo Garbu in neighbouring Yobe state, according to a witness.

Garbu is contesting a legislative seat in Feb. 14 balloting that includes a presidential election too close to call. Boko Haram denounces democracy.

For weeks Boko Haram has been closing in on Maiduguri. If it were able to plant its Islamic State of Iraq and the Levant-style flag there, even briefly, it would give them a major boost as the group loses ground in remoter areas, said Jacob Zenn, author of a book about the insurgents.

THE ASSOCIATED PRESS

Amid ISIL conflict

Violence in Iraq killed 1,375 in January: UN

The United Nations mission to Iraq said Sunday that violence in the country amid the war against the Islamic State of Iraq and the Levant (ISIL) killed at least 1,375 people in January.

The UN Assistance Mission in Iraq (UNAMI) put the number of civilians killed at 790, while identifying the rest as security-forces members. It said at least 1,469 civilians and 771 security-forces members were wounded. It said the worst affected city was the capital, Baghdad, with 256 civilians killed and 758 wounded. THE ASSOCIATED PRESS

Horror and fear grip Japan after ISIL video shows beheading

Appalled and saddened by news of journalist Kenji Goto's purported beheading by the Islamic State of Iraq and the Levant (ISIL), Japan ordered heightened security precautions Sunday and said it would persist with its non-military support for fighting terrorism.

The failure to save Goto raised fears for the life of a Jordanian fighter pilot also held by the militant group that controls about a third of both Syria and Iraq.

Unlike some earlier messages delivered in the crisis, the video that circulated online late Saturday purporting to show a militant beheading Goto did not mention the pilot.

Jordan renewed an offer Sunday to swap an al-Qaida prisoner for the pilot, Lt. Muath al-Kaseasbeh, who was seized after his F-16 crashed near ISIL's de facto capital, Raqqa, Syria, in December.

Government spokesman Mohammed al-Momani told The Associated Press that "we are still ready to hand over" Sajida al-Rishawi, who faces death by hanging for her role in triple hotel bombings in Jordan in 2005.

Al-Momani also said his country spared no effort to free Goto.

The slaying of Goto, a freelance reporter whose work focused on refugees, children and other victims of war, shocked Japan, which until now had not become directly embroiled in the fight against the militants.

"I feel indignation over this immoral and heinous act of terrorism," Prime Minister Shinzo Abe told reporters after convening an emergency cabinet meeting.

"When I think of the grief of his family, I am left speechless," he said. "We are filled with deep regret."

Threats from ISIL prompted an order for tighter security at airports and at Japanese facilities overseas, such as embassies and schools, government spokesman Yoshihide Suga said. He said it would be "inappropriate" to comment on the status of the Jordanian pilot.

People holding a banner and signs gather to show their sympathy for the killed Japanese hostages, Kenji Goto and Haruna Yukawa, in front of the prime minister's official residence in Tokyo on Sunday. THE ASSOCIATED PRESS

With no updates for days, al-Kaseasbeh's family appealed to the government for information on his situation. But for Goto's family and friends, the beheading shattered any hopes for his rescue.

"Kenji has died, and my heart is broken. Facing such a tragic death, I'm just speechless," Goto's mother Junko Ishido told reporters.

According to his friends and family, Goto travelled to Syria in late October to try to save Haruna Yukawa, 42, who was taken hostage in August and who was shown as purportedly killed in an earlier video.

THE ASSOCIATED PRESS

VOICES

THE OTHER LEADERSHIP RACE

Theresa Oswald may appear to be the one to beat, but it's not Manitobans heading to the polls — it's the New Democrats

INSIDE THE PERIMETER
Shannon VanRaes

Now that all the excitement of boil-water advisories and power outages is behind us, perhaps it's time to turn our thoughts back to that other impending disaster: the NDP leadership race.

While municipal issues have taken the spotlight over the last few weeks, Steve Ashton, Greg Selinger and Theresa Oswald have doggedly continued to make announcements for their respective leadership bids.

If one were to judge the situation based on the actions of Progressive Conservative leader Brian Pallister, you'd jump to the conclusion that Oswald is the clear frontrunner. More than once, the Opposition leader has specifically focused his gaze on the leadership hopeful, criticizing her record as a cabinet minister as well as her promise of a Manitoba Pension Plan.

And to the casual observer, Oswald's campaign does look like the one to beat. She's poised. Her press conferences have babies, third-party validators and rows of people. Sometimes those people even have orange signs. It's textbook and it looks good.

Oswald's polices are also well thought out, even if they don't cater to the likes of Pallister. With a team of experienced policy wonks at her side, she has tackled a broad range of issues.

Students? Check. Workplace safety? Check. First Nations? Check. Pension? Check. New mothers? Check. You get the idea.

If Manitobans were about to head to the polls, it's possible that Oswald would be the favourite.

But Manitobans aren't heading to the polls — New Democrats are.

Thanks to ye olde Westminster Parliamentary System, only party members can elect a new party leader. That leaves most Manitobans on the sidelines, speculating about who will be the province's next premier, as NDP delegates actually cast ballots.

Insiders say many New Democrats aren't all that pleased with the road Oswald has taken or the damage the impromptu leadership race has caused.

And the now-reversed decision by the party executive not to allow mail-in ballots from remote delegates seems to support the hypothesis that Oswald is not considered the candidate to beat within the NDP.

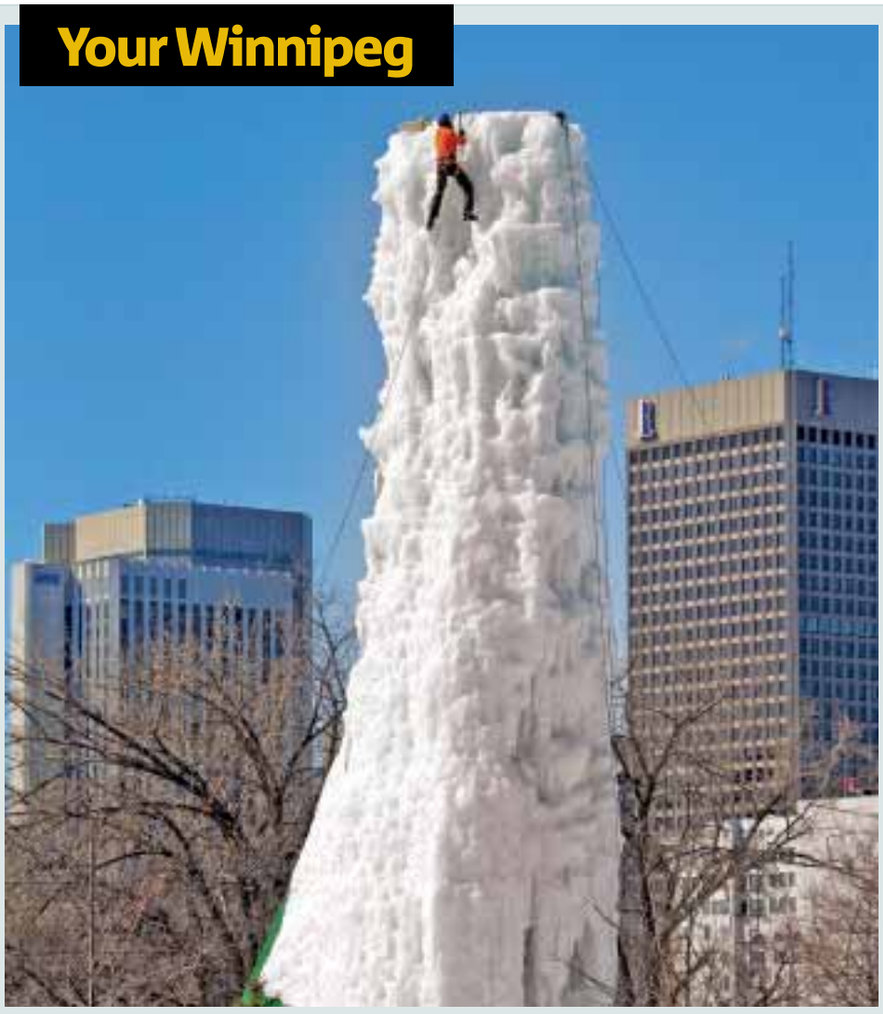
It's Ashton who is the most popular in remote, northern communities and who had the most to lose if northerners needed to trek down to Winnipeg to cast a ballot. If the party executive was trying to massage the results by discouraging remote delegates from participating, the move was a clear attempt on the Ashton camp.

In 2009, many unlikely bedfellows were made in an effort to prevent Ashton from becoming premier. But given the stakes and tumult this time around, party faithful are likely to stick to their own bunks.

That Selinger's supporters — not an insignificant group — would support the cabinet minister who betrayed him in a second ballot seems unlikely. Likewise, if Oswald is defeated on a first ballot, it's unlikely she and her supporters would then lend their support to the current premier, who they spent months trying to convince to resign.

Only one thing is certain: whatever happens isn't going to be pretty.

Your Winnipeg



Taking bravery to new heights

Photo submitted by reader André Mahé

Look up — waaaay up.
A brave ice climber scales the top of a 60-foot (20-metre) ice tower in St. Boniface.
The wall is open Fridays, Saturdays and Sundays, weather permitting. Equipment can be borrowed from the Alpine Club of Canada.

SEE YOUR SHOT HERE:
Send us high-quality snaps of your city to readers@metronews.ca

Upcoming

City hall to finally consider getting to bottom of why St. Boniface stinks

Why does St. Boniface stink? We're gonna find out, for realzies.

It's apparently an odorous mystery that the city is finally going to solve.

The phrase "it smells like St. Boniface" has long been in Winnipeggers' lexicon, but city hall has finally decided to get to the bottom of the odour that occasionally wafts through St. B and neighbouring Windsor Park.

Two words, council: mushroom plant.

Ask any St. Boniface resident and they will point their finger squarely at the local mushroom plant and its giant pile of animal compost.

Coun. Matt Allard assuredly knows this already, but it's impolite to point fingers without any proof.

First brought up at the Riel community committee two weeks ago, the idea will be considered at Tuesday's property and development meeting. Allard even offers up alternative theories — like perhaps there's something wrong with the neighbourhood's aging sewer infrastructure. (Leaking? We hope not!)

As for Windsor Park, its stink source is likely the animal rendering plant on the outskirts. It's hard to keep the smell down in 35 C sunshine.

So hold your nose, citizens, as the city administration's stink patrol delves deep to deliver sweeter smells to a neighbourhood near you.

ELISHA DACEY/METRO

metro

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Agriculture. Farmers see low fuel costs as good, bad

Decades of boom-and-bust commodity prices, worker shortages and being at the mercy of the weather has removed the word "optimism" from Canadian farmers' vocabularies.

"At the moment, things are good right now," said Lynn Jacobson, president of the Alberta Federation of Agriculture, who also farms 600 hectares near Enchant in southern Alberta.

The recent plunge in fuel prices has been a welcome relief across the agricultural sector, helping ease the pain of low grain prices for growers and for cattle ranchers' profits.

But there is doubt.

"If the oil price stays down too low, and the federal government can't afford to keep their budgets going and they start looking for revenue, I'm hoping they're not going to try and put this on the backs of farmers," said Lethbridge farmer Gary Stanford. THE CANADIAN PRESS

Transportation costs

Lethbridge farmer Gary Stanford said lowered diesel costs make a difference in reducing transportation expenses.

- **Ongoing trend.** If fuel prices hold, farmers could save thousands of dollars in 2015.

United Nations

ICAO to review flight safety

The International Civil Aviation Organization will hold a high-level safety meeting this week to look at the global tracking of commercial aircraft and flights over conflict zones. ICAO, the UN agency that governs civil aviation, says the conference will look at how to manage aviation safety in the future and study ways to increase regional cooperation.

Emerging safety issues will be discussed Tuesday. THE CANADIAN PRESS

Restaurant sanitation reports fly onto Twitter

Stewart Rand checks his tweets at the Halifax Seaport Farmers' Market on Sunday. JEFF HARPER/METRO

Social media. Eatery inspections being tweeted out by software developer's program to foster food-safety awareness

ROSEMARY WESTWOOD
Metro in Toronto

The latest restaurant inspections in your city could be only a tweet away.

People in Vancouver, Toronto, Nova Scotia and New Brunswick can avoid the sometimes cumbersome food-safety websites if they want to find out who's been passing or failing food-safety inspections.

Stewart Rand is tweeting them out. Or rather, his computer programs are.

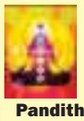
"I want to make it easier for people to see this information and find out who's been naughty or nice with their sanitation," explained Rand, a software developer in Halifax.

"These days people are looking to have information brought to them," he added. "People don't want to go digging on some obscure website trying to find information."

While some sites are more helpful (Toronto's has an interactive map), others, like Nova Scotia's, are only basic search engines. And all of them take more time to navigate than a quick browse of a Twitter feed.

"The feeds run themselves, so it's not something I have to check in on," he explained. "I set up essentially computer programs that check these websites every few hours to see if there are any new inspections that have been posted. As soon as it finds those, it'll tweet them."

The feeds only post a certain number of tweets an hour and have been running for about six months.



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How to calculate Canada's 'middle class'

Canada's middle class is the darling of doting politicians everywhere — the focus of a growing list of election promises, the subject of endless speeches, the precious voterich prize whose support can make or break a political party in this year's federal election.

The importance of the middle class is not in question. But its membership certainly is. Who belongs to this club anyway?

One method of defining the middle class from a median income is by setting parameters that encompass all incomes between 75 and 150 per cent of the median number.

The Finance Department document also crunched the numbers this way using the 2010 income data. In this example, it identified "middle class" as 47 per cent of Canadians.

The department says the range included households where members 16 and older took home an average income between $24,800 and $49,600, after adding government transfers and deducting taxes. THE CANADIAN PRESS

†Subject to credit approval. To be eligible, patients must complete the Custom LASIK procedure on both eyes by March 31, 2015. Cannot be combined with any other offer or discount. *Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Justin Timberlake and Jessica Biel are, indeed, expecting. GETTY IMAGES

Timberlake finally confirms baby we all knew was coming

Justin Timberlake is just the latest person in an impressive line of people to announce that his wife, Jessica Biel, is pregnant.

But I guess since it's actually his kid and all, his announcement should count more.

Timberlake celebrated his birthday over the weekend by posting a photo to Instagram of him kissing Biel's very pregnant belly. (Or at least we're assuming it's Biel. Because it would be really weird if it wasn't.)

He captioned the photo with some heartfelt thanks and an abundance of hashtags, including #BoyOrGirl and #YouNeverKnow.

Listen, I don't want to tell Timberlake how to do his job as a soon-to-be dad, but he does know that they will, in fact, know at some point, right?

For those keeping track at home, InStyle editor-in-chief Ariel Foxman first leaked the big news on her Instagram with a quickly deleted post in November.

And then in December, Timberlake's former bandmate Joey Fatone told InTouch that there was, in fact, a baby on the way.

I'm guessing Timberlake wanted to squeeze his own announcement out before it ended up in Katy Perry's Super Bowl halftime show or something.

Jay Z offers $56 million for Swedish streaming service

If Jay Z needs help spending all of his money, I'm happy to offer some suggestions. His latest big-ticket idea? Offering $56 million to buy Aspiro, a Swedish firm offering high-quality streaming music services. If the bid is accepted, Jay Z's company will have total control over Aspiro's paid subscription services, WiMP and Tidal. Whatever he plans to do with them, I'm sure Mike Huckabee will take issue with it.

Jay Z GETTY IMAGES

Whitney Houston and her daughter Bobbi in 2011. THE ASSOCIATED PRESS FILE

Whitney's daughter found unresponsive in bathtub

The daughter of late singer Whitney Houston was found unresponsive in her bathtub Saturday and taken to a hospital in the north Atlanta suburbs, police say.

Bobbi Kristina Brown was found by her husband, Nick Gordon, and a friend and given CPR, said Lisa Holland, a spokeswoman for the Roswell Police Department. When police arrived, Brown was taken alive to hospital.

As of late Sunday, there were no updates on her condition from the hospital or her family.

Brown, 21, is the only child of Houston and R&B singer Bobby Brown.

Houston was found dead in a hotel bathtub in 2012 at the age of 48. Authorities concluded she had accidentally drowned, with heart disease and cocaine use as contributing factors.

THE ASSOCIATED PRESS

Police review video of Suge Knight's fatal run-in

Los Angeles County sheriff's investigators Saturday were reviewing a video of an incident in which hip-hop music mogul Marion Suge Knight hit two men with his pickup truck, killing one, which may help provide clarity on whether Knight was the victim or attacker in his most serious run-in with the law to date.

The video is in "police custody" said Knight's defence attorney James Blatt, adding he would be seeing it Monday or Tuesday.

Meanwhile, Knight remained jailed on suspicion of murder after turning himself in early Friday.

Suge Knight THE ASSOCIATED PRESS

Sheriff's deputies said Knight hit and killed his friend Terry Carter, 55, with his pickup truck Thursday in the parking lot of a Compton fast-food restaurant, also injuring Cle Bone Sloan, 51, an actor and film consultant who was hospitalized and in stable condition.

Blatt said Knight was an innocent victim who accidentally ran over the men as he tried to escape a vicious attack.

The run-in occurred a short while after Knight was told by security to leave a film location after arguing with Sloan. The argument escalated a short while later at the fast-food restaurant.

THE ASSOCIATED PRESS

David Beckham evolves from superstar to cabbie

David Beckham has spent most of his life being a famous athlete and underwear model, but he's transitioning into his next career — a begrudgingly silent father to teens — and he's not taking it well.

His oldest kid, Brooklyn, is 15, and the next, Romeo, is on the cusp of teenhood. Then there are two more after that. So, how are things going over at the Beckham estate?

"To be honest, I've become a taxi driver overnight with the kids," he tells Jimmy Kimmel. "I'm literally an Uber driver now."

David Beckham GETTY IMAGES

Eve of Super Bowl

Wahlberg, Bay host fundraiser

Transformers star Mark Wahlberg and director Michael Bay reunited on the eve of the Super Bowl for a charity event that organizers said raised more than $1 million. The pair served as celebrity hosts for the Big Game Big Give event. Items up for auction included jewelry and other high-end goods. Wahlberg and Bay held private sessions with donors, with the director showing a reel of behind-the-scenes footage. American Idol winner Jordin Sparks also performed for guests.

THE ASSOCIATED PRESS

Michael Bay, left, and Mark Wahlberg. GETTY IMAGES

Katy dazzles at halftime show

Super Bowl Sunday. Katy Perry roars onto the halftime stage in a colourful spectacle featuring Lenny Kravitz and Missy Elliott

If you're like us, what you really wanted to hear during last night's Super Bowl was Katy Perry's halftime roar, and she did not disappoint.

From her entrance on a golden mechanical lion while singing her megahit Roar to her duet with Lenny Kravitz on I Kissed A Girl, Perry managed to give her fans all of her hits in one shot.

The popular singer also took to the air, travelling around the University of Phoenix Stadium on a floating shooting star while singing her hit song Firework.

Despite all of that, it's safe to say that it was a cameo by Missy Elliott that stole the show.

Katy Perry makes a grand entrance at the Super Bowl halftime show. GETTY IMAGES

The rapper came out to perform her now-classic hit Get Ur Freak On and promptly dazzled social media, leaving many hoping she'll release new music soon. LENYON WHITAKER/METRO IN NEW YORK CITY

Halftime goal

"I hope at the end of the day that 100 million people are all smiling in unison."

Katy Perry describes her Super Bowl halftime show game plan

Super advice

Katy Perry was so nervous about her Super Bowl Sunday performance she told Billboard she planned on sending last year's Super Bowl performer, Bruno Mars, an email asking for some tips. She read the email out loud to Billboard and it's beyond adorable.

- "Hello, exclusive Super Bowl club member! I was wondering if you are in L.A. at all this month and would have tea with a sister who is about to throw up with nervousness re: (football emoji). I've heard about your process through our managers, but am wondering if you had more insight on important things like, spray tan the night before or three nights before? JK, or maybe not!"

MATTHEW LEE/METRO IN NEW YORK CITY

Super Saturday Night party. Rihanna springs Kanye for surprise duet

Kanye West joins Rihanna to sing All of the Lights. GETTY IMAGES

The crowd at DirecTV's Super Saturday Night party came for Rihanna, and got a healthy dose of Kanye West as a bonus.

West trotted on stage as Rihanna sang the opening lines of their hit All of the Lights, a surprise guest at an event that's become known for delivering shows from music's superstars on the eve of the Super Bowl.

Rihanna opened the performance with Rock Star and moved through several of her hits, including Umbrella, Rude Boy and We Found Love.

She reached out and touched fans and moved effortlessly around a semicircle stage that allowed her to reach fans throughout the venue. West also interacted with the audience, slapping hands as he performed. After a few duets, Rihanna left the stage as West performed Jesus Walks, Black Skinhead, Flashing Lights and other hits.

Both performers opted to slow down the tempo at times, with Rihanna performing Stay and West singing a new song, Only One. THE ASSOCIATED PRESS

Old star, new star shine at A-list bash

Rolling Stone party. Steven Tyler, Charli XCX headline Super Bowl eve event

Aerosmith frontman Steven Tyler charged up a frenzied crowd on the eve of the Super Bowl that features his beloved New England Patriots.

Tyler played fan favourites at the Rolling Stone party, including Dream On, Sweet Emotion and Cryin' in front of an audience that sang along in unison for most of the songs.

The venue was adorned with Rolling Stone covers from over the years, and Tyler made a reference to magazine founder Jann Wenner's influence on the music industry between songs.

Tyler followed British pop star Charli XCX, who set the stage with an energetic set.

"Who's excited for the f--ing Super Bowl?" she shouted. "I thought it was baseball until a few months ago. I'm from the U.K."

Tyler largely avoided any reference to the Patriots, despite a long history with the team.

The Boston rocker has been a fan of the Patriots for several years, and famously sang the national anthem in the AFC Championship two years ago before the Patriots lost to the Baltimore Ravens. The performance was widely ridiculed as he botched some of the lyrics.

Following the controversy over deflated footballs during this year's AFC title game, Tyler joined Matt Damon, Ben Affleck, John Krasinski and other well-known Patriots fans in a mock video on Jimmy Kimmel Live! in which they claimed responsibility for the air being taken out of the balls.

THE ASSOCIATED PRESS

Super Bowl newbie

"I thought it was baseball until a few months ago. I'm from the U.K."

British pop star Charli XCX

Pop star Charli XCX
GETTY IMAGES

Rock 'n' roll icon

Steven Tyler's top billing at an A-list party on one of the entertainment world's biggest party nights is a testament to his staying power as a rock 'n' roll icon.

- **Aerosmith's longevity spans more than a generation, including their rise to stardom in the early 1970s, a rough period during the early '80s when drugs tore the band apart and a resurgence in the late '80s and early '90s that put them back on the top of the charts.**
- **In recent years, Tyler was a judge on American Idol, endearing him to a younger generation of fans.**

LIFE 3

Stumped by the ways to save

Planning. Should you pick an RRSP, TFSA or a combination of the two? Gail explains why the choice can be baffling

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

If you have a low income and it's taking almost all your money just to make ends meet, then a TFSA is a better bet. ISTOCK

One of the financial goals that inevitably floats to the top of the list is saving more money. It's a good goal. But there are so many different vehicles you can use to save that sometimes the choices become the barrier to saving.

At the height of RRSP season you'll no doubt hear the seven, nine and 11 best reasons to use an RRSP. But is it a good choice for you? Ever since the Tax Free Savings Account (TFSA) came on the market, this is the big question.

The RRSP's big benefit isn't just as a savings vehicle, it's also as a way to save on taxes now because of the tax deduction. You can contribute up to 18 per cent of your earned income in 2014, to a maximum of $24,930 for 2015.

Most people don't come anywhere close. But if you made an income of $60,000 in 2014 and put $10,800 into an RRSP in 2015 (at a 30 per cent marginal tax rate), you'd reduce your taxes from $11,686 to $8,322, for a savings of $3,364 on your taxes. Wouldn't you rather keep that $3,364 to use to meet your goals?

The contribution limit for a TFSA for 2015 is $5,500. Put $5,500 a year in a TFSA at an average return of four per cent over 30 years and you'll have over $319,000, $154,000 of which you didn't have to bust your butt to earn.

Put $5,500 a year into an RRSP and reinvest the tax refund you get (assuming you're paying tax at 30 per cent) in a TFSA and, all things being equal, you'll have an extra $93,000, which is the compounded return on the tax savings you put in the TFSA.

If you have a low income and it is taking almost all your money just to make ends meet, then if you decide to save a little somethin' somethin', a TFSA is a better bet. If you're going to be able to make do with the income CPP and OAS provide, then squirrelling away whatever you can manage in a TFSA makes way more sense.

And if you're going to have an income that lets you qualify for the Guaranteed Income Supplement, then using a TFSA will also work better for you. Ditto if you're well into your career and still have a low tax rate.

Claiming a deduction for an RRSP contribution when your taxes are low, piling up a stash of cash, and then paying more in tax when you cash out at retirement makes no sense. If you think you'll likely always be at the lowest tax rates then you should stick with a TFSA.

However, if you expect that over time your income and tax rates will increase, an RRSP will save on taxes big-time. You don't have to claim the deduction in those early years. Make your RRSP contribution but hold the deduction for when your taxes are higher and you'll get a bigger refund. You can then use the taxes you save to fund your TFSA contribution. Or perhaps, by then you'll have other priorities like paying down your mortgage or funding an RESP for your kids.

If you're close to hanging up your spurs, and you haven't made any RRSP contributions so far, go with a TFSA. The same holds true if you've got a great pension plan at work since having a whack of taxable income in an RRSP will be less than optimum come retirement time. If you're concerned about losing your OAS to the clawback, go with a TFSA instead of an RRSP.

For virtually everyone else an RRSP is an awesome idea. Don't be confused by all the blah blah blah into thinking you won't benefit from an RRSP because the income you take out is taxable. Remember, you didn't pay any tax on the money that went into the RRSP (unlike the money that went into a TFSA). So to put $5,500 into an RRSP you need gross only $5,500, but to make the same contribution to a TFSA you'd have to have earned $7,150 in pre-tax income (at a 30-per-cent tax rate).

I believe an RRSP is still the single best way to save for retirement. I've had my RRSP since I was 22 years old and I'm damn glad I had some foresight and started contributing early. Sure, there were years when I barely made a contribution, but as my income and spending needs changed I shifted my contributions to make the RRSP work for me. And as soon as the TFSA became available, I started putting money into one.

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I believe an RRSP is still the single best way to save for retirement. I've had my RRSP since I was 22 years old and I'm damn glad I had some foresight and started contributing early.

Which is best?

For some it is an either/or game. The people who most benefit from choosing a TFSA:

- Have a low income/low tax bracket
- Are banking on CPP, OAS and the GIS
- Are close to retirement and haven't saved much
- Have a great work pension plan

For everyone else, an RRSP or a combination of RRSP/TFSA means you'll have more money when you decide to hang up your spurs.

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A sweet, glazed twist on a lunch classic

Recipe. This salmon sandwich gets a boost from sweet rice vinegar, miso paste and a little zip from wasabi, lemon juice

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe serves four. ROSE REISMAN

Whether you've got leftovers or are cooking up a freshly baked salmon, both options make for either a great warm or cold sandwich with an Asian twist. The mirin and miso glaze is a perfect match for this dish. One way I cut calories is to take a sandwich baguette and remove the bready stuffing.

Directions

1. Preheat the oven to 425 F. Line a baking sheet with foil and spray with vegetable oil.

2. Combine the mirin, miso, sugar and sesame seeds in bowl.

3. Brush the skinless salmon fillet pieces with half the mirin mixture and bake for 10 minutes per inch of salmon thickness. Flake the salmon into smaller pieces and mix with remaining mirin mixture.

4. In a small bowl, combine the mayonnaise, wasabi and lemon juice. Spread this mixture over baguette halves. Top with the salmon mixture, add thinly sliced avocado and cucumber slices, and place other baguette half over top.

Ingredients

- 3 tbsp mirin or sweet rice vinegar
- 1 tbsp light miso paste
- 2 tbsp brown sugar
- 2 tsp toasted sesame seeds
- 1 lb skinless salmon fillet sliced lengthwise into 4 pieces
- 1/3 cup light mayonnaise
- 1 1/2 tsp wasabi paste
- 1 1/2 tsp lemon juice
- 4 (3 oz) baguette rolls, sliced in half
- 1/2 small ripe avocado, sliced thinly
- 16 round slices thinly cut English cucumber

Nutritional information

Per serving

- **Calories.** 470
- **Carbohydrates.** 41 g
- **Fibre.** 3 g
- **Protein.** 29 g
- **Total fat.** 20 g
- **Saturated fat.** 3.5 g
- **Cholesterol.** 5 mg
- **Sodium.** 610 mg

Make it a date night with spinach and pomegranate juice

Fresh dates are a delicacy and so well worth using to highlight a salad. They are insanely sweet and have a soft caramel-like taste. You can store them in an airtight container in the refrigerator for up to eight months or in the freezer up to a year. Pomegranate juice is a little sweet and tart, and also contains loads of antioxidants. Be sure to buy pure and not sweetened for this recipe.

Directions

1. Place the baby spinach on a large platter. Add the pitted dates, thinly sliced red onions, orange slices and toasted pecans.

2. In a small bowl, combine the pomegranate juice, oil, vinegar and honey. Pour on top of salad.

ROSE REISMAN

Ingredients

- 6 cups baby spinach
- 4 fresh dates, pitted and sliced in half
- 1/3 cup thinly sliced red onion
- 1 peeled orange sliced into 6 rounds
- 1/4 cup toasted sliced pecan halves

Dressing

- 3 tbsp pomegranate juice
- 1 1/2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 1/2 tsp honey

Nutritional information

Per serving

- **Calories.** 170
- **Carbohydrates.** 29 g
- **Fibre.** 6 g
- **Protein.** 2 g
- **Total fat.** 7 g
- **Saturated fat.** 1 g
- **Cholesterol.** 0 mg
- **Sodium.** 40 mg

This recipe serves six. ROSE REISMAN

Learning is about to get personal

Education. Swap in this new approach and nix standardized testing, B.C.'s educators hear

The debate over whether standardized testing will help to form a successful, employable adult continues. ISTOCK

Schoolchildren in China drilling their tongues to pronounce English words correctly often find themselves picking up more ZZZs than ABCs.

Half a year can be spent practising rote verbal exercises, a mind-numbing method that can kill youngsters' enthusiasm for learning, said a former English teacher from China who's seen it firsthand.

Such a teaching style has evolved to meet institutions' needs for generating high scores in standardized testing, but Yong Zhao said the same harmful effect on Chinese students may be happening in British Columbia.

Zhao is now a top international education consultant based in Oregon who was invited by B.C.'s Education Ministry to spell out his vision for upgrading the provincial school system.

"My extreme advice — we should do away with all of (standardized testing)," Zhao said in an interview after addressing a forum of more than 150 educators and interested business and community leaders.

"It's a waste of money, very little value, destroys parents, destroys schools, too, and puts students and teachers in a bind for high-stakes testing."

The province should revolutionize the system by shifting the teaching emphasis to nurture every child's individual passion and talents, Zhao said. The concept is called personalized learning, and gives both students and teachers more space to explore their diverse abilities.

"To be creative, to be entrepreneurial, you cannot skip the basics," Zhou told the room.

"But the basics should come after we have a passion. Sometimes we do the basics and we have killed people's interest."

His call for innovation comes at the same time B.C. teachers are administering the standardized Foundation Skills Assessment tests to children in Grades 4 and 7, and as the province's education minister announced a new education strategy.

Minister Peter Fassbender told the forum the government is partnering with educators to identify several schools throughout the province to pilot programs that swap the focus to individualized learning.

"We're not going to throw the baby out with the bath water," Fassbender said. "And as Dr. Zhou said, there are great ideas but if we try to go from here to here we're going to scare half the population."

The minister said development of the K-12 Innovation Strategy will be ongoing but avoids a top-down approach and instead encourages students to explore what's relevant to their own lives.

A working group will be formed to connect school districts, participating schools and interested organizations such as the B.C. Teachers' Federation and associations representing superintendents, principals and independent schools.

The ministry also released an updated B.C. Education Plan, which better articulates the concept of personalized learning and proposes to further examine a suite of student assessment tools.

Zhao, now a professor at the University of Oregon who studies global educational policy, told the crowd that the world's established education systems drive creativity down and discriminate against students with diverse abilities.

He said children already have a tremendous capacity to soak up foundational skills — so long as the learning methods are engaging.

He suggested teachers should provide fewer explicit instructions and instead give students broader ownership over their learning, placing more emphasis on developing individually meaningful skills while making better use of global resources.

Teachers' federation president Jim Iker welcomed Zhou's vision as a "breath of fresh air."

The union has long argued general, cognitive-skills tests don't help students learn or teachers teach.

"Workplaces want young adults who are able to be creative, who are confident, who are self-reliant, who've got social skills," he said. "That's an important piece that's not part of a standardized test."

THE CANADIAN PRESS

Quoted

"It's a waste of money, very little value, destroys parents, destroys schools, too, and puts students and teachers in a bind for high-stakes testing."

Yong Zhao on standardized testing

Education

Kids get leg up in life with lessons on mindfulness: University of B.C.

Paying extra attention appears to have paid off for a group of Grade 4 and 5 students in Coquitlam, B.C., who participated in a mindfulness program.

Researchers at the University of British Columbia found that the elementary students were better at regulating stress, more optimistic and helpful, better liked by their peers and even performed better at math.

The study involved giving lessons to the children in mindfulness, where they were guided to intentionally focus on the present — while avoiding making judgments — through a series of breathing, tasting and movement exercises.

Lead author Kimberly Schonert-Reichl says the study amounts to scientific evidence that children who are taught mindfulness are better positioned to succeed both in school and life.

She says it's one of the first studies of its kind and involved researchers from across multiple disciplines, including a neuroscientist, developmental pediatrician, developmental psychologists and education experts.

Research for the study was conducted in 2008, and the findings were published this month in the academic journal Developmental Psychology.

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Your best bets for career success in today's market

Career. Glassdoor.com reveals the top 25 jobs to land this year in the United States

Glassdoor.com determined that a physician's assistant has the brightest career future. ISTOCK

If you're looking for a new career that will help you rake in the dough, perhaps you should consider throwing yourself into tech, health care or finance.

Why?

Well, according to a report from Glassdoor.com, those three industries contain some of the best jobs in the United States.

What makes a job the best in America? Well according to Glassdoor, the best jobs are determined as such by their salary potential, growth, and number of job listings.

With a growing and aging population, it should come as a surprise to no one that the No. 1 job on the list was in the medical field — specifically, as a physician's assistant.

Glassdoor reports that a physician's assistant can expect an average base salary of $111,376 and plenty of potential career growth.

What the list does not take into account is the amount of education one needs for these careers. Earning an advanced specialized degree takes time and money, and for some, the trade-off might not be worth it.

METRO

Did your job make the cut?

Glassdoor's list of careers in the United States and their average base income:

1) Physician's Assistant: $111,376

2) Software Engineer: $98,074

3) Business Development Manager: $94,907

4) Human Resources Manager: $96,443

5) Finance Manager: $122,865

6) Marketing Manager: $100,130

7) Database Administrator: $97,835

8) Product Manager: $113,363

9) Data Scientist: $104,476

10) Sales Manager: $76,556

11) Solutions Architect: $121,657

12) Mechanical Engineer: $73,015

13) QA Engineer: $77,499

14) Business Analyst: $74,638

15) Electrical Engineer: $76,803

16) Network Engineer: $87,518

17) Network Engineer: $87,518

18) Audit Manager: $69,271

19) Physical Therapist: $64,806

20) IT Project Manager: $103,710

21) Client Services Manager: $103,736

22) Supply Chain Manager: $83,795

23) Mobile Developer: $79,810

24) Nurse Practitioner: $95,171

25) Sales Engineer: $91,318

Advice

I thought hilarious, they thought hurtful

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Remember that not everyone you work with shares your particular sense of humour. Mind the more sensitive souls. ISTOCK

Dear Metro,
I pride myself on being the most hilarious person at my office. I consider myself an amateur insult comic: my style is dry, observational humour. However, I recently made a joke that apparently went "too far." What I thought was a hysterical jab at a colleague's sweater was deemed "mean." I don't want to give up my comedy, but I also don't want everyone at work to hate me. How can I walk this fine line?
— They Just Don't Get It

Dear TJDGI,
Do your co-workers not "get it," or would they rather not be heckled while they work? You may think you missed out on a career slinging jibes in dark basement clubs and they may think you're unprofessional.

Since you're a comedian, hone your timing. Envelope-pushing jokes might get a very different response during after-hours beers than middle-of-the-afternoon meetings. Audience is also important: While your sweater-wearer wants you to leave their knits alone, other colleagues might dig your so-honest-it-hurts approach. Either way, be very careful with your material. The office is no place to workshop edgy (read: offensive) topics, unless you want your next audience to be HR. You don't have to shut down your jokes, but you do need to be careful about when and whom you roast. It's true that funny co-workers are usually beloved. Not so loved: Co-workers who think they're funny, but aren't.

Dear Metro,
I was abruptly let go from my last job when my company downsized. And while I've found a new position that I really like, I can't shake the irrational fear that history will repeat itself. With every typo or slight miscommunication, I worry that I'm going to get fired. It's exhausting! I really want to start feeling like myself around the office. How can I chill?
— Pink Slip Paranoia

Dear PSP,
To scrap your anxiety, acknowledge its source. Your fears aren't irrational; they're founded in a very real and unpleasant prior experience. Although there's currently no threat of the sack, it makes sense that your nerves are racked.

Next time a teensie mistake inflates into a blimp-sized freak-out, remind yourself that your worries are rooted in your past, not your present. A typo is not grounds for termination, and your new employer likely understands that you're on a learning curve. Even if you think your previous dismissal was linked to your performance — not just restructuring — you now have the opportunity to boost your game. Instead of fretting over little fumbles, focus on honing your work.

Regardless of your history, it can take a while to get comfortable in a new workplace. Be patient as you grow accustomed to your present gig. With time, your worries will get downsized — not you.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

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To do, or not to do, during flu season

Staying healthy. Taking care of yourself and those around you is key to kicking seasonal viruses

JACQUELINE KOVACS
For Metro

Felled by the flu or suffering through a nasty cold? Don't even think about dragging yourself through your daily routine.

"Taking a step back and taking care of ourselves, for most people, can shorten the length of time they feel unwell," said Dr. Lisa Graves, chief of the department of family and community medicine for Toronto's St. Michael's Hospital. "It's probably one of the best things that people can do."

But it's not the only one. Here are Graves' dos and don'ts for getting through a bad cold or flu.

Do stay hydrated

Getting enough fluids is always a good practice, but it's even more important when you are battling a seasonal cold or flu. "Very often, these episodes come with fever, diarrhea or vomiting," Graves said. "People can get dehydrated and that can make you feel even worse." So fight back with fluids — water, juice and herbal teas are all good choices, as is good old chicken soup.

Do get lots of rest

Busy may be the new black, but it won't help you heal. "It can be difficult to find the time to rest, but it is the body's opportunity to recuperate," Graves said.

Do keep on exercising — or don't

Should you exercise when you are sick? "This is something I get asked about a lot," Graves said. And her answer is a qualified yes. "If you feel well when you're exercising, then there's probably no harm." But that is assuming you have no difficulty breathing and that your routine is not causing you extra challenges. "If you're having issues with breathing, then running outside in the cold is probably not a good idea," she said. "When you're sick, it's not the time to push yourself over the limit."

If you aren't feeling well, do your co-workers a favour and stay home so you're not spreading the virus. SHUTTERSTOCK

Do keep it clean

Washing your hands is one of the most effective ways of curbing the transmission of viruses. "Handwashing is really helpful in not spreading a virus to others in your household," Graves said.

Don't go to work

If you are feeling lousy and coughing like mad, why would you share that misery with your colleagues and, if you take transit, harmless strangers on your commute? "If they're not well, I encourage my patients to stay home," Graves said.

Don't be fooled

Over-the-counter medications are great for short-term symptom management, but that's about it. "An illness has to run its course," Graves said. "In the short term for symptom relief, over-the-counter remedies are great, but they won't shorten the length of time of the illness."

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PHC-13942

Patriots defenders mob teammate Malcolm Butler after the safety intercepted a pass in the end zone. The pass from Russell Wilson, not pictured, was intended for Ricardo Lockette, front.
CHARLIE RIEDEL/THE ASSOCIATED PRESS

Pats deny Seahawks a championship repeat

NFL. New England withstands a late drive by Seattle thanks to undrafted rookie's interception in end zone

Tom Brady and the Patriots made this Super Bowl all about football, not footballs.

Clutch football, spiced by a sensational fourth-quarter rally and a goal-line, game-saving interception.

The record-setting Brady threw for four touchdowns, including a three-yarder to Julian Edelman with 2:02 remaining Sunday night as New England rallied from a 10-point deficit to win its fourth Super Bowl in the Brady-Bill Belichick era, 28-24 over Seattle.

But the Patriots (15-4) had to survive a last-ditch drive by the Seahawks (14-5), who got to the 1, helped by a spectacular juggling catch by Jermaine Kearse. Rookie Malcolm Butler stepped in front of Ricardo Lockette and picked off Russell Wilson's off-target pass to complete one of the wildest Super Bowl finishes.

Brady surpassed Joe Montana's mark of 11 Super Bowl touchdown passes with a five-yarder to Danny Amendola to bring the Patriots within three points.

Seattle, seeking to become the first repeat NFL champion since New England a decade ago, was outplayed for the first half, yet tied at 14. The Seahawks scored the only 10 points of the third period, but the NFL-leading defence couldn't slow the brilliant Brady when it counted most.

It didn't matter how much air was in the balls, game MVP Brady was unstoppable when the pressure was strongest. While pushing aside the controversy over air pressure in the footballs stemming from the AFC title game, the Patriots toyed with Seattle in the final 12 minutes.

Seattle didn't quit and Kearse's 33-yard catch with 1:06 remaining got it to the 5. Marshawn Lynch rushed for four yards, then backup cornerback Butler, who was victimized on Kearse's reception, made the biggest play of his first NFL season with 20 seconds remaining.

"I just had a vision that I was going to make a big play and it came true," said Butler, an undrafted rookie from West Alabama. "I'm just blessed. I can't explain it right now. It's crazy."

Seahawks linebacker Bruce Irvin was ejected in the final seconds for instigating a near-brawl, delaying the celebration for the Patriots.

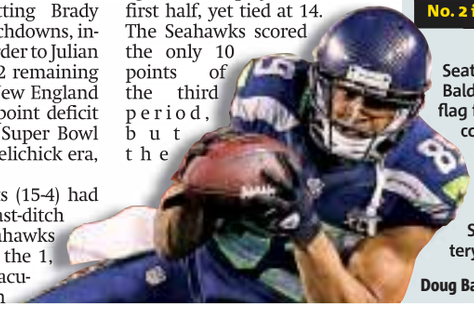
Soon they were mobbing one another on the same field where their 2007 unbeaten season was ruined in the Super Bowl by the Giants. They also fell to the Giants for the 2011 title.

THE ASSOCIATED PRESS

Super Bowl

28	24
Patriots	Seahawks

No. 2 in more ways than one



Doug Baldwin THE ASSOCIATED PRESS

Seattle wide receiver Doug Baldwin drew a penalty flag for unsportsmanlike conduct after catching a touchdown pass to put the Seahawks up two scores in the Super Bowl. Why? Something of a mystery to television viewers.

- But it appeared to have been an obscene gesture; Baldwin apparently simulated pulling down his pants over the football as if to go to the bathroom.
- He was flagged for a 15-yard celebration penalty.

Brady's touchdown bunch

13

Tom Brady now holds the Super Bowl record with 13 touchdown passes. He was named the game's most valuable player.

4 SPORTS

Djokovic cruises to victory Down Under

Tennis. Serb champion makes it five for five in Australian Open finals, while Scotsman Murray has lost all four final appearances

This was one occasion where Novak Djokovic couldn't really empathize with Andy Murray, his long-time friend.

As he prepared to receive the trophy for the Australian Open winner for a fifth time in five trips to the final at Melbourne Park, Djokovic turned to Murray late Sunday and offered his congratulations on his friend's recent engagement.

Nice segue. Murray — to set the record straight — had just lost an Australian Open final for the fourth time, including three at the hands of Djokovic. Murray won the U.S. Open in 2012 and Wimbledon in 2013 to end decades-long droughts at the majors for British men, but was clearly upset at his inability to crack it in Melbourne.

"I wish you a wonderful wedding and many kids," Djokovic said, kicking off his trophy acceptance speech. Murray smiled. His fiancée, Kim Sears, applauded from her seat.

She'd already drawn attention for her shirt that was emblazoned with the words "Parental Advisory Explicit Content" — a humorous reaction to being caught on camera apparently using expletives during Murray's semifinal.

"It's slightly different thinking for me now since I became a father and a husband," Djokovic — who won in four sets 7-6 6-7 6-3 6-0 — explained.

"I apologize for changing the subject." His outlook on life had changed between his two most recent trips to Australia. He married long-time partner, Jelena, and the couple had a son, Stefan, in late October. He said his first Grand Slam title since his marriage and the birth of his son had a "deeper meaning, more intrinsic value."

"Getting married and becoming a father was definitely something that gave me a new energy, something that I never felt before," he said.

Djokovic now has eight major titles, including his five in Australia, where he won his first Grand Slam title in 2008 and then won three straight from 2011 before losing in the quarterfinals last year to Stan Wawrinka. The 27-year-old Serbian is now second on the list of all-time Australian Open winners. THE ASSOCIATED PRESS

Serena's triumph

Djokovic's win on Sunday followed up on top-ranked Serena Williams' win in the women's final Saturday night against Maria Sharapova, giving the 33-year-old American a sixth Australian and 19th Grand Slam title.

Novak Djokovic of Serbia holds the trophy during the trophy presentation after winning the men's singles final at the Australian Open.
AP PHOTO/BERNAT ARMANGUE

Koepka wins his first PGA Tour in Phoenix

"It feels amazing" to win in the U.S., said Kopeka. RICK SCUTERI/THE ASSOCIATED PRESS

With an eagle putt that looked as long as his golf journey around the world, Brooks Koepka surged into the lead and stayed there Sunday with a 5-under 66 to capture the Phoenix Open for his first PGA Tour victory.

Lingering for most of the final round, Koepka holed a 50-foot eagle putt from the fringe on the 15th hole and didn't make any mistakes the rest of the way.

The victory ended a long, arduous road for the 24-year-old from Florida. With no status in America, Koepka played the Challenge Tour in faraway lands like Kazakhstan and Kenya, winning four times to earn his European Tour card and then validating his status as a rising star by winning the Turkish Open last year.

But winning at home brought the strongest validation.

"It feels amazing," Koepka said after his one-shot win over Hideki Matsuyama, Masters champion Bubba Watson and Ryan Palmer.

Graham DeLaet was the top Canadian in the tournament, coming into the clubhouse four strokes behind Koepka. The Weyburn, Sask. native shot a 4-under 67 in the final round to finish in a tie for seventh spot.

Nick Taylor, from Abbotsford, B.C., and Victoria's Cory Renfrew tied for 59th position at 1-under for the tournament. Taylor shot a 70 on the final day while Renfrew shot a 5-under 66- his best round of the week.
THE ASSOCIATED PRESS

NHL

Dubnyk saves 35, Wild beat Canucks

Devan Dubnyk stopped 35 shots as the Wild beat the Vancouver Canucks 4-2 on Sunday afternoon.

Zach Parise, Jared Spurgeon, Thomas Vanek and Jason Zucker scored for the Wild. Ronalds Kenins and Daniel Sedin scored for the Canucks. THE ASSOCIATED PRESS

NHL

Hutton shuts out Penguins

Connor Hutton stopped 21 shots as the Nashville Predators beat the Pittsburgh Penguins 4-0 Sunday, goals by Gabriel Bourque, Roman Josi, Eric Nystrom and Mike Fisher. THE ASSOCIATED PRESS

NHL

Korpikoski leads Coyotes over Habs

Lauri Korpikoski scored two power play goals and Louis Domingue got the win as the Arizona Coyotes rallied to win 3-2 over the Montreal Canadiens on Sunday afternoon. Oliver Ekman-Larsson also scored for the Coyotes. THE CANADIAN PRESS

NHL

Steen helps Blues beat Capitals

Alexander Steen had two goals and an assist and the streaking St. Louis Blues beat the Washington Capitals 4-3 on Sunday. Dmitrij Jaskin and Vladimir Tarasenko also scored, and T.J. Oshie added three assists for St. Louis.
THE ASSOCIATED PRESS

METRO IS ADDING SOME 'HUSTLE' TO ITS SPORTS

Metro Winnipeg welcomes TSN 1290's Andrew 'Hustler' Paterson to its sports writing team.

Look for his new weekly feature '**View from the 300's**' exclusively in Metro News!

Every Thursday beginning February 5th!

metro

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You'll be asked to give your opinion on a controversial topic today, and you must be honest about what you think.

♉ Taurus
April 21 - May 21
Put your own needs first over the next few days, because if you don't you'll lose out to people who are not as deserving of success.

♊ Gemini
May 22 - June 21
The coming week will be a time of great activity. You know what you want, you know where to get it — now you must find the confidence to reach out and take it.

♋ Cancer
June 22 - July 23
If you help someone in need today it will make both of you feel better. But why help one person when, by joining some kind of charitable movement, you could help thousands?

♌ Leo
July 24 - Aug. 23
Stop dreaming about what you'd like to do and start doing it. It doesn't matter how far-fetched your dream is. If you start working towards it, one day it will come true.

♍ Virgo
Aug. 24 - Sept. 23
Are you inspired by other people's successes, or do they make you envious? Either way it can motivate you to do more yourself. This can be a time of real achievement.

♎ Libra
Sept. 24 - Oct. 23
Anyone who thinks they know you will be mightily surprised today as you do the opposite of what they expect.

♏ Scorpio
Oct. 24 - Nov. 22
If someone gets aggressive in their attempts to sell you something you don't want, be it an object or an idea, be a bit aggressive back at them.

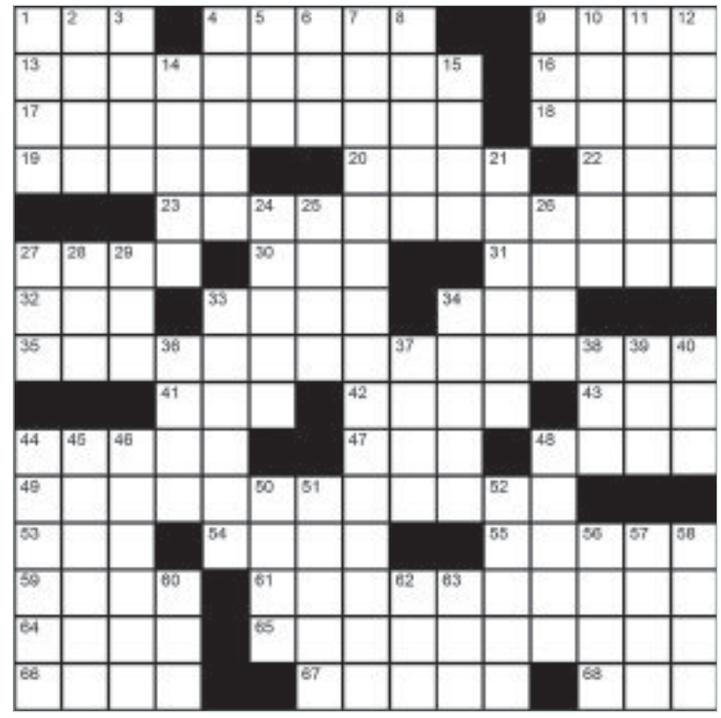
♐ Sagittarius
Nov. 23 - Dec. 21
There seems to be a lot of tension in your dealings with other people at the moment, both in your personal affairs and at work. The good news is that tension can be creative.

♑ Capricorn
Dec. 22 - Jan. 20
Something unexpected will knock you out of your stride today and you will find it hard to get your rhythm back. It may be frustrating but don't make a big issue out of it.

♒ Aquarius
Jan. 21 - Feb. 19
There is nothing you cannot do, no challenge you cannot handle. If you are a typical Aquarius you will seek out situations that test you to the limit over the next few days.

♓ Pisces
Feb. 20 - March 20
If someone annoys you today just turn your back and walk away. If you allow yourself to get drawn into an argument you will get angry and say things you might regret.

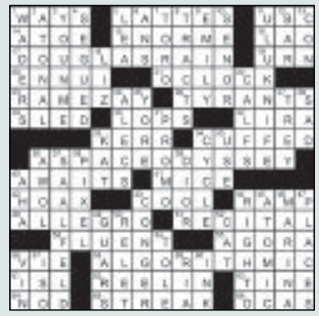
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. "... and now, without further __..."
4. Toast's border
9. Daisy's optimistic pal
13. Twice yearly
16. Half, as in music
17. Actor born in Kirkland Lake, Ontario: 2 wds.
18. "En garde!" blade
19. Glacial ice block
20. "For __ _ jolly good fellow..."
22. Split __ (New Zealand band)
23. "Why so interested?": 4 wds.
27. 1975 War hit: "Why Can't __ __ Friends?"
30. "Fabulous!"
31. Hair lock
32. Alphabetic trio
33. River to the Rhine (var. sp.)
34. La __, city of Bolivia
35. Rihanna's latest tune, a collaboration with Kanye West and Paul McCartney
41. Lunch time, little-ly
42. Hi-__ (Electronically advanced)
43. Not in style
44. Step
47. Body of water
48. Ashen
49. Bit of #35-Across: "I'm just tryna make it back home by __ __..."
53. Evita's land, briefly
54. 2015
55. Grace
59. "Ten-four" sayer
61. Library of __ (Described as Canada's "most beautiful room")
64. The Guess Who bassist Jim
65. Slowly burned
66. Procedure/method (abbr.)
67. __ cheese
68. Endings for many Y-ending words when plural

Down
1. Botanist Mr. Gray's
2. Remove, to a proofreader
3. Mr. Sharif
4. __ a cold
5. Monogram of Burnaby-born Edmonton Oilers player who wears #93
6. Prefix with 'cycle'
7. What parting is in Romeo and Juliet: 3 wds.
8. Star Trek star George
9. Feminine 'one' in French
10. Comical sailor
11. Secretaries skilled at shorthand, shortly
12. 2013 Kanye West album
14. Floored: 2 wds.
15. For fear that
21. Affix
24. Anticipate
25. Actress Anna
26. Rice-shaped pasta
27. Panda symbol org.
28. Prefix to 'skeleton'
29. Sch. in Provo, Utah
33. Fracas
34. Nut type
36. Viking operation
37. Nostradamus, for one
38. Agatha Christie novel, _ __ M?
39. Scheduled
40. Pig's pen
44. __ one's lips (Really enjoys that meal)
45. Newfoundland town near St. John's
46. God's helpers
48. Garden guy
50. "Uh-huh." [pl.]
51. Ladies
52. Apple tablets
56. Yesterday, in Italy
57. Snick-or-__
58. Puny plane postings
60. Finished with work [abbr.]
62. Him, in Montreal
63. Elles opposites

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

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Yesterday's Sudoku

9	8	6	3	7	4	2	5	1
5	3	7	1	2	8	4	9	6
1	2	4	5	9	6	3	8	7
8	5	9	6	4	3	7	1	2
3	6	1	2	8	7	5	4	9
4	7	2	9	5	1	8	6	3
7	4	3	8	1	9	6	2	5
2	1	8	7	6	5	9	3	4
6	9	5	4	3	2	1	7	8

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